



Wellness Vacation Planning

Investing in time off increases your mental health wealth

BY ANIKO CZOBOR CTC

IT'S SAFE TO SAY the world is stressed right now. People get up early, work all day, take care of their home and family, and barely have time to sit down before the cycle starts again. Taking time off to revitalize and rejuvenate is more important now than ever.

Whether you have just a few days or multiple weeks of paid time off, research shows that if you don't take advantage of time off from work, your stress and mental health will suffer. Burnout can lead to a decrease in health, motivation and performance, affect memory, and place a stressor on relationships. People who take time to relax are less likely to experience burnout, allowing them to be more creative, focused, and productive than their overworked, under rested counterparts.

One of the biggest boosts to health and happiness can come from planning a vacation. The New York Times reported that taking a vacation every two years compared to every six will greatly reduce the risk of heart disease and heart attacks. Studies also show that planning several short getaways a year will improve your overall health.

Although missing a connecting flight or losing luggage in a foreign airport is sure to boost your anxiety, traveling has been scientifically proven to lower stress levels rather dramatically. Here is where an experienced travel professional can work behind the scenes to ensure your trip is as seamless and stress free as possible.

Taking a vacation after being stuck at your desk job is the best way to break through the monotony of life and temporarily leave the environment

and activities that cause stress.

Traveling the world is not just fun and exciting, it can be a form of stress management that helps reduce depression risk. It also leads to life enrichment. The money you invest in travel will only make you richer. Experiencing history and cultures around the world will enhance your life, and the memories will last a lifetime.

Wellness tourism is a growing industry defined as travel associated with the pursuit of maintaining or enhancing one's personal well-being. Activities like hiking a new park or sailing on your favorite body of water offer an opportunity for personal betterment and community engagement.

After a full year of quarantine, people are now receiving the vaccine. The ability to travel will soon return. There's no better time than now to start thinking about planning your next wellness vacation – whether that trip is near home or across the globe.

Take care of yourself, and travel! ■



Aniko Czobor is owner of Your PASSPORT to Travel LLC, a full-service travel agency. She stands by ready to help you plan your next wellness vacation.